

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM Snack</b> <i>Select 2 of the 4 components:</i>							
1. Milk (1 cup)							
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Cheese (1 oz.) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)							
3. Juice or Fruit or Vegetable (¾ cup)							
4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) Pasta and Grains (½ cup)							
Other foods (Do Not Count)							
<b>PM Snack</b> <i>Select 2 of the 4 components:</i>							
1. Milk (1 cup)							
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Cheese (1 oz.) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)							
3. Juice or Fruit or Vegetable (¾ cup)							
4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) or Pasta and Grains (½ cup)							
Other foods (Do Not Count)							
<b>Evening Snack</b> <i>Select 2 of the 4 components:</i>							
1. Milk (1 cup)							
2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Cheese (1 oz.) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)							
3. Juice or Fruit or Vegetable (¾ cup)							
4. Grains/Breads* Bread (1 slice) or Cereal (¾ cup) or Pasta and Grains (½ cup)							
Other foods (Do Not Count)							

**Note: The quantities of food specified are the minimum serving sizes for children ages 6-18.**

\*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.